

Personify+ Demo Day - FAQ



Personify+ Demo Day FAQ



Personify+ is a curated collection of bundled partners that address many of today's challenges with innovative solutions including caregiver support, condition management, nutrition, fitness, cost transparency, and more – all on one contract and at discounted pricing, exclusively for Personify Health clients. See below for more info on each of our partners that presented during Personify+ Demo Day.

Condition Management Partners



MUSCULOSKELETAL

Is Kaia Health a global program?

Kaia Health supports populations in the U.S. and Germany

Does Kaia Health support other languages?

Does Kaia Health support other languages?



EXPERT SECOND OPINION

MORE Health is a digital global healthcare provider that connects patients to the best medical minds in the world through patient advocacy and expert second opinions with a secure and digital platform.

Translation capabilities with 129 languages and support in almost all countries

Patient dashboard that houses all hospital records, lab results, x-rays, etc.



PHARMACY COST SAVINGS

Does the RxSS tool help with GLP-1s?

Yes, members can use the Medication Search functionality to see the price of the medications as per the Plan Design and the technology will recommend a lower cost option if available

Average member savings when using the RxSS tool: For every \$1 a member saves, the plan saves \$2

U.S. only

Personify+ Demo Day FAQ



Personify+ is a curated collection of bundled partners that address many of today’s challenges with innovative solutions including caregiver support, condition management, nutrition, fitness, cost transparency, and more – all on one contract and at discounted pricing, exclusively for Personify Health clients. See below for the FAQ of questions that were asked during our most recent Personify+ Demo Day.

Fitness Partners



**FITNESS & GYM
NETWORKS**

Does Aaptiv have global capabilities?

Aaptiv’s digital content is globally available and the gym networks are U.S. only

What are the 5 features of Aaptiv?

1. Mental health content
2. Digital audio & video workouts
3. AI personal trainer
4. Challenge programs
5. In-person gym network

“Simply Work It”



**FITNESS, MINDFULNESS,
NUTRITION, & MSK**

Would we have access to all 4 of the programs or just one?

Access to all programs including mental health content and low acuity MSK support

What is the global support of Sworkit?

Sworkit has global availability with 14 languages with 5 more languages coming soon

What are the capabilities of the workout program?

Studio style workouts or personalized workouts so members can workout at their own speed

Personify+ Demo Day FAQ



Personify+ is a curated collection of bundled partners that address many of today's challenges with innovative solutions including caregiver support, condition management, nutrition, fitness, cost transparency, and more – all on one contract and at discounted pricing, exclusively for Personify Health clients. See below for the FAQ of questions that were asked during our most recent Personify+ Demo Day.

Lifestyle Partners



FINANCIAL WELLBEING

What are some of the programs that Enrich supports?

Buying a home, budgeting & saving tools, behavioral & emotional tools, student loan support, retirement, etc.

Does Enrich support other languages and countries?

Yes, Enrich supports 12 languages and 20 countries



TOBACCO CESSATION

What programs does Ex Program offer within the app?

Member community, behavioral tools, digital support, text messages, NRT (not included with Personify+)

What is the quit rate?

34% for members using the program for 9 months
U.S. only



TELENUTRITION & NUTRITION

What is Foodsmart's main differentiator?

Largest national provider group of registered dietitians (700+) that lead with medication nutrition therapy & education

What are some of Foodsmart's outcomes?

\$42 medical cost savings per member per month, 22% of users with diabetes improved their HbA1c levels to normal, 33% of members with obesity lost more than 5% of their body weight
U.S. only



MINDFULNESS, NUTRITION, SUBSTANCE USE, & FITNESS

How many shared clients with LifeSpeak?

Over 100 mutual clients between Personify Health and LifeSpeak with 6+ years of partnership

Is LifeSpeak globally available?

Yes, with 3 languages and support in several countries

Personify+ Demo Day FAQ



Personify+ is a curated collection of bundled partners that address many of today's challenges with innovative solutions including caregiver support, condition management, nutrition, fitness, cost transparency, and more – all on one contract and at discounted pricing, exclusively for Personify Health clients. See below for the FAQ of questions that were asked during our most recent Personify+ Demo Day.

Mental Health Partners



headspace®

MINDFULNESS & MEDITATIONS

What features are included with Headspace?

Recommendations & daily content, meditations libraries, sleepcasts/music, mindful movement workouts, & curated music for focus

What is the code for a free trial of Headspace?

[Click here for a free trial!](#) Passcode: PTVIRGINPULSE24



Koa Health

DIGITAL MENTAL HEALTH SUPPORT

What is Koa Health?

100% digital and evidence-based mental health solution that is personalized to the individual - from preventive digital tools to clinical support and therapy, all within a unified platform

What sets Koa Health apart from other mental health solutions?

The clinical research sets Koa apart from others with over 61 published peer reviewed articles, 4 random controlled trials, and 25 patents on the technology & research



WORKFORCE RESILIENCE

What are some of meQ's outcomes?

18% reduction in turnover, \$1,132 improvement in productivity, \$2,768 estimate annual savings per participant, \$300 reduction in medical costs per member per year

What are meQ's global capabilities?

meQ supports 14 languages and 150+ countries



RethinkCare

PARENTING, WELLBEING, & PROFESSIONAL DEVELOPEMNT

Does RethinkCare support neurodiversity?

Yes! RethinkCare provides minicourses, parenting resources, consultations with Certified Behavioral Analysts, and specialized support for neurodivergent children and adults

What are RethinkCare's global capabilities?

RethinkCare supports 11 languages and most countries around the world

Personify+ Demo Day FAQ



Personify+ is a curated collection of bundled partners that address many of today's challenges with innovative solutions including caregiver support, condition management, nutrition, fitness, cost transparency, and more – all on one contract and at discounted pricing, exclusively for Personify Health clients. See below for the FAQ of questions that were asked during our most recent Personify+ Demo Day.

Family Benefits Partners



CAREGIVER SUPPORT

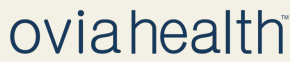
Does Cariloop have caregiver support coaching?

Yes! Cariloop's solution includes a dedicated 1:1 Care Coach along with digital tools & resources

What type of caregivers does this solution help with?

LGBTQ+, adult self-care, veteran support, elder care, family planning, childhood & teens, and more! U.S. only

Integration with Urban Sitter coming soon



FAMILY PLANNING

What types of programs does Ovia offer?

General women's health, fertility navigation, family building, & pregnancy

Does Ovia offer coaching?

Yes! Ovia provides Health Coaches that provide support for pregnancy, postpartum, return to work, fertility, and more U.S. only



ADULT SLEEP SUPPORT

What are some of Sleepfit's outcomes?

65% reduction in high-risk sleep apnea, 31% reduction in high-risk anxiety, 13% reduction in high-risk insomnia



SleepWellBaby

INFANT SLEEP SUPPORT

Does SleepWellBaby help with postpartum?

Yes, Sleepfit will pre-screen parents for postpartum risks and triage them to support services for postpartum depression

Free access to Sleepfit & SleepWellBaby →



Want to try it?
Scan for **free access**

Want to learn more about how our partner ecosystem can help your organization?



Reach out to your
Personify Health
sales rep or visit
personifyhealth.com
for more details

Thank you!

